

(TMI Focus, Vol. XX, No. 3, Summer 1998)

QUARTERLY TAPE

Lucid Dreaming — Part 1

This month we are pleased to present to you the first in what may become a four-tape album specifically designed to promote lucid dreaming. The Hemi-Sync® has been programmed to follow an average human sleep cycle (approximately ninety minutes) and to guide you through all of the stages of sleep up to REM. The progression of techniques used in the series has been successful in clinical studies and should yield the desired results within six weeks of continued use. The first part of the journey is undertaken in this tape exercise which will wake you at the end of your first REM period. It will do so in order to begin to train you to become aware while in the sleep state. All this journey requires is an auto-reverse tape cassette deck, a pair of headphones, and your conscious intention. Sweet dreams!

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1998 The Monroe Institute